

Are you concerned about an older adult

...who lives nearby, at a distance,
at home or in a facility
but unsure if there is a problem
or how to approach it?

Do you help an older adult

... with grocery shopping,
housekeeping, transportation,
doctor appointments, insurance
issues, bill paying, personal care,
living arrangements or
emotional support?

You are a Family Caregiver.

**The Family Caregiver
Support Network
can help you find ways
to balance work, home
and family – and make
time for yourself.**

Caregiver's Code

I need to...

Take care of my self
physically, emotionally, spiritually;

Accept my limitations
and be satisfied with doing my best;

Recognize and get help,
no matter how difficult that may be;

Enjoy time away
without guilt;

Maintain relationships
with friends, family, co-workers;

Set goals, pursue dreams
and remember to live life.

*A prepared, informed and supported
family caregiver provides
better self and older adult care.*



Family Caregiver
SUPPORT NETWORK

600 W. Virginia, Suite 300
Milwaukee, WI 53204-1551
(414) 220-8600 • 1-800-449-4481

The Family Caregiver Support Network, a program of Interfaith Older Adult Programs, Inc., is primarily funded through the Milwaukee County Department on Aging with additional funding from United Way of Greater Milwaukee.



Donations are graciously accepted.

**Are you a
spouse, adult child,
other relative or friend
who is concerned
about or helps
an older adult?**



FREE RESOURCE CENTER



**Our mission is to support
family members & friends
who assist older adults.**

**You're doing a
tough, yet
rewarding job.**



**Let us help you
...and the person
you care about.**

**(414) 220-8600
Toll-free 1-800-449-4481**

The Family Caregiver Support Network is a *free resource center* that helps family caregivers of older adults (age 60-plus) and professionals who assist family caregivers. The Network helps caregivers sort through their personal and older adult care options and provides comprehensive, unbiased resource information. Confidentiality is respected.

Network Services:

Options Counseling The Network helps caregivers sort through the best options for their caregiving situations by providing information, contacts and help with understanding services and resources.

Individual Support Uncertainty and frustration are often part of family caregiving situations. Network Resource Specialists are sensitive to caregivers' concerns and offer personal support.

Preparation For Caregiving Caregivers receive help with current older adult caregiving needs and assistance with anticipating and preparing for future needs.

Public Awareness Group presentations are available about the Network and caregiving issues to community, business and health care organizations.

Advocacy The Network assists caregivers who are having difficulty with receiving services and advocates for family caregiver resources.

Network Resources:

Contacts Medical, legal, financial, community and support group contacts that can specifically help in caregiving situations.

Living Options & Care Information Care services, senior housing, adult day care, assisted living and nursing home information, including inspection reports for licensed facilities.

Breaks From Caregiving Respite services through programs that provide time away, adult day care, companionship, in home friendly visits, personal care, chores, grocery shopping and rides to medical appointments for older adults.

Resource Library Videotapes, cassettes, CDs, books and literature on legal and financial planning, health, supportive resources, care services and facilities, and older adult housing. Materials are sent at no charge to family caregivers and professionals who help them.

Internet Sites www.caregiversupportnetwork.org has general caregiver and older adult services information and discussion boards. www.living-options.org explains and lists senior housing, care facilities and caregiver support resources.

Newsletter Quarterly *Caregiver Circle* newsletter features caregiving and resource information.

Grandparent Resources Information for grandparents and other older adult relatives (over age 60) who care for dependent children (under age 18).